

Chicken Wild Rice Soup

★★★★★ 4.92 from 12 votes

This Chicken Wild Rice Soup Recipe is simply the best! Loaded with chicken and veggies and done in under an hour! Easy and delicious!

Prep Time : 15 minutes

Cook Time : 30 minutes

Total Time : 45 minutes

Serves : 6 people (hover over # to adjust)



Ingredients

- 1 tablespoon olive oil
- 1 cup celery chopped finely
- 1 cup onion chopped finely
- 1 tablespoon garlic minced- about 5 cloves
- 2 cups carrots sliced in small circles
- 1/2 teaspoon salt
- 1/2 teaspoons pepper
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 4 bay leaves
- 1.5 lb boneless skinless chicken breasts about 3 chicken breasts
- 8 cups chicken broth low or no salt-1.5 quarts
- 1 cup dry wild rice

Instructions

StoveTop Instructions

1. Chop all vegetables (I prefer to put mine in the food processor!) In a large pot, heat olive oil in the pan and sauté celery, onion + garlic until fragrant and softened (about 5-10 minutes)
2. Once cooked, stir in carrots and spices (including bay leaves).
3. Place whole chicken breasts on top of vegetables. Cover with chicken broth. Stir in wild rice.
4. Cover pot and bring to a boil. Once boiling, reduce heat and simmer over low-medium heat for 30 minutes.
5. After 30 minutes, remove bay leaves from the broth and discard. Remove chicken from the pot + shred on a cutting board with forks or in a mixer.
6. Add shredded chicken back to the pot. Stir to combine and enjoy!

CrockPot Instructions

1. Chop all vegetables (I prefer to put mine in the food processor!) In a large pot, heat olive oil in the pan and sauté celery, onion + garlic until fragrant and softened (about 5-10 minutes)
2. Once cooked, add to crockpot base. Stir in carrots and spices (including bay leaves).
3. Place whole chicken breasts on top of vegetables. Cover with chicken broth. Do not add the rice.
4. Cover pot and cook for low for 4-6 hours or high for 2-3 hours (low is recommended)
5. 30 minutes before you're going to eat- remove bay leaves from the broth and discard. Remove chicken from the pot + shred on a cutting board with forks or in a mixer.
6. Cook rice according to package directions in a separate pot.
7. Add shredded chicken back to the pot. Add cooked rice to the pot. Stir to combine and enjoy!

Notes

Pro Tip: To avoid soggy rice: Instead of cooking the rice in the soup, cut the broth down by 1 cup. Add cooked rice to a bowl. Serve soup on top of the rice. This prevents the rice

from absorbing broth and turning mushy

Nutrition Facts

Nutrition Facts	
Chicken Wild Rice Soup	
Amount Per Serving (1.5 cups)	
Calories 278	Calories from Fat 54
% Daily Value*	
Fat 6g	9%
Saturated Fat 1g	6%
Trans Fat 0.01g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 73mg	24%
Sodium 371mg	16%
Potassium 758mg	22%
Carbohydrates 27g	9%
Fiber 4g	17%
Sugar 4g	4%
Protein 29g	58%
Vitamin A 7243IU	145%
Vitamin C 7mg	8%
Calcium 41mg	4%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet. This is an estimate and can vary pending your ingredients	

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